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Harvard University Chinese Student Association Welcomes New Students

By Jianghe Niu (Translated by Mengyi Xu and Peng Xu)



Harvard-Radcliff Chinese Students Association President Leizhi Sun. (Photo by Jianghe Niu)

Immersed in the festivities of this year's Mid-autumn festival, Harvard University welcomed its 375th class of freshmen. The Harvard-Radcliff Chinese Students Association held a reception to welcome the new students hailing from China.

Haoxuan Dong, the current CSA cultural chair was the MC for the event. In her introduction of the keynote speaker, Dr. Yang Shi from the Harvard Medical School, she added humorously that "Professor Shi is one of the most well-known Asian American professors in the field of

life sciences, but also the most handsome, not one of." Everyone bursted out laughing.

Professor Shi has been working with the Harvard Medical School admissions committee for a long time, and specializes evaluating applicants from China. He has witnessed the growth of many generations of Chinese students and the growth of China itself. In his address, he kindly advised students to not only know how to study but also know how to socialize and meet new friends from all backgrounds. He urged the students to cherish everyday at Harvard and make the most of their experience. Following Prof. Shi's address, Xiaoqing Zhang, a representative from the event's sponsor Ernst & Young also gave a vivid speech. Friendship seemed to have been the main theme of the event. Leizhi Sun, the president of CSA for the 2011-2012 academic year wished the new students, as well as the returning students to find and nurture beautiful friendships on Harvard's beautiful campus. The Har-

vard-Radcliff Chinese Student Association is an non-profit organization that serves the Chinese student body. Its board is democratically elected. This year, 23 veteran members of CSA picked up 23 incoming students from the airport as a sign to welcome them to the CSA family from the start. President Leizhi Sun briefly but effectively described the committees and governing structure of CSA using a powerpoint presentation. Representatives Sijia Wang from Harvard Business School, Wanqing Ji from the Harvard Graduate School of design, Shunde Tu from the Harvard Kennedy School of Government, Chi Zhang from the Harvard Medical School, Yanfang Su from the School of Public Health and undergraduate representatives all spoke for the occasion.

All attendees received a copy of "A Living guide of Boston for new Harvard students and Scholars". This guide was compiled in 2007 and was edited four times in 2008, 2009, 2010 and 2011 respectively. The guide contains a variety of information, including dinning, shopping, living, sports, entertainment, banking, travel, driver's license and etc, basically everything one would need in daily life. The author even learned something new: Every second weekend of August is tax-free weekend in Massachusetts, everything priced under \$2,500 qualifies to be tax-free.

The organizer of the event provided an abundance of delicious snacks, fruits and beverages. Everyone enjoyed chatting and catching up with each other in this congenial and informal setting.

Borrowing from CSA president Leizhi Sun's speech as the closing comment: "Today we met here, tomorrow it is from here that we will embark. Although we come from all over the world, tonight we are one family."



Asian Poverty Down, Despite Declining Household Incomes

By Kane Carpenter
Sampan Editor

In the face of a down economy and falling household incomes, fewer Asians in the United States are living under the poverty line, according to data from the Census Bureau that was released last week.

Only 12.1 percent of Asians, comprising of 1,729 people, were categorized as living under the poverty line in 2010, as opposed to 12.5 percent, some 1,746

people, in 2009 – a decline of 0.4 percent. Asians were the only race that showed improvement on the poverty front, while other categories of races (White, Hispanic, and Black) all showed increases in poverty numbers.

Asians, however, showed the largest decrease in household income among the different races, dropping from \$66,550 in 2009 to \$64,308 in 2010 – a percentage change of 3.4 percent. Whites, Hispanics, and Blacks, on the other hand, had decreases ranging from 3.2 percent to 1.7 percent.

The nation as a whole showed an increase in poverty between 2009 and 2010, rising 0.8 percent from 14.3 percent to 15.1 percent.

Households in the United States were also poorer, in general, with average household incomes falling from \$50,599 in 2009 to \$49,445 in 2010. The poverty line for 2011 was set at \$22,350 (total annual income) for a family of four, according to the United States Health and Human Services department.

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第三版

續談精神健康 (二)

第四版

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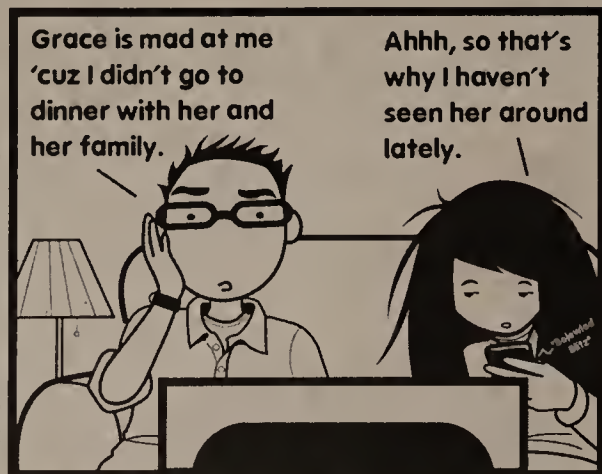
Empty Bamboo Girl

by Lillian Chan

LESSONS ON LOVE
#5

So, if your girlfriend asks if you'd like to join her and her family for dinner, it's not really a question.

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9-20-11 For more adventures of ah-Lin and her family, become a Facebook fan at www.facebook.com/ahLinTheComic www.emptybamboogirl.com

Announcements & Event Listings

Breast Health Educational Workshop

All events are FREE with Cantonese presentation but pre-registration is required.

Friday, 9/23 Wollaston Senior Center
11am-noon
550 Hancock Street
Quincy, MA 02170
Contact: Joyce Guan (617)471-9354

Thursday, 10/6 Wang YMCA 6:30-7:30pm
8 Oak Street
Boston, MA 02116
Contacts: Kit Wong 617-426-2237
ex223 (Sat) or Angela Tang at 617-426-2237x231

Wednesday, 10/26 ABCD Head Start
9-10am
112 Shawmut Ave
Boston, MA 02118
Contact: Regina Wang 617-482-3087x711

Teaching House Boston - Free English Classes

Teaching House Boston is now registering for new English courses starting September 19, 2011.

Upcoming dates and classes:

2 week long courses
1. September 19 - September 30, 2011
Level: Pre Intermediate

2. October 3 - October 14, 2011
Level: Upper Intermediate

4 week long course
September 19 - October 14, 2011
Level: Pre Intermediate

Where:
1 Faneuil Hall, South Market building 1
3rd floor, room 4136
Boston, MA, 02109
*Entrance locate next to Godiva Chocolate store

How:
1. Visit the office and take a placement test
2. Pay the deposit.

The classes are free but you will be required to:
Pay a \$10 refundable deposit/week
Pay a \$5 /week, non-refundable fee. TH Boston will provide all materials needed during class under this fee.
*The \$10/week deposit will be refunded at the end of the course if 90% attendance is met, correspondent with the number of weeks

For additional questions feel free to contact info@ihboston.com or 617-372-7736
International House Boston
1 Faneuil Hall | South Market Street
T: +1 617.939.9318 | F: +1 646.219.7759

English Classes at NOAH

Classes start:
LEVEL 1 - Tuesday September 20, from 6pm - 8:30pm
LEVEL 2 - Wednesday September 21, from 6pm - 8:30pm
NEW on SATURDAYS: Introduction to Citizenship 9am - 12pm - Class starts Saturday September 24/2011 : This class is to prepare students with little or no English, to be ready to take the full Citizenship. Class Registration is in NOAH offices.
For questions or information, please call NOAH Manlio Méndez
NOAH - Community Organizer
143 Border Street,
East Boston, MA 02128
617-567-5882 x 242
617-418-8242

FREE Immigration Advice

(2011 Schedule)
July 6 & 20
August 3 & 17

September 7 & 21
October 5 & 19
November 2 & 16
December 7 & 21
Room 804 in Boston City Hall
12:00 (noon) - 2:00 PM
For more information, please contact the Mayor's Office of New Bostonians
Boston City Hall Room 803
617-635-2980
Fall 2011 Job Fair

Wednesday, September 28, 2011
10:00 a.m. - 1:00 p.m.
YWCA Cambridge in Central Square
7 Temple Street
Cambridge, MA
For more information, call 617-349-6259
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GED Classes at Boston Asian: Y.E.S.

If you left high school before graduation, you can earn your GED certificate, which will open doors to college, advanced training, jobs, and other opportunities. Y.E.S.'s GED program is 15-20 hours a week from Monday to Thursday. For Boston residents ages 16-21 Call now for enrollment information. Please ask for William Li.

Boston Asian: Youth Essential Service
199 Harrison Avenue
Boston MA 02111
617.482.4243

SAMPAN

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87 TYLER STREET
BOSTON, MA 02111
TEL: (617) 426-9492
FAX: (617) 482-2316

Editor: Kane Carpenter
kcarpenter@sampan.org

English Section:

Contributors:

Lillian Chan
Anna Ing
Jianghe Niu
Michael Tow

Production:
Joanna Zhou
Kane Carpenter
Ariel Zhang

Chinese Section:

Contributors:
Jianghe Niu

Translators:
Peng Xu
Mengyi Xu
Gongquan Chen

Marketing and Advertising:

Advertising & Marketing
Manager:
Joanna Zhou
ads@sampan.org

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87 Tyler Street, 5th
Boston, MA 02111
Telephone: (617) 426-9492
Fax: (617)482-2316

— ANNOUNCEMENT —

As of Saturday October 1, 2011, we will be closing the waitlist at Savin Hill Apartments, 130 Auckland Street, Dorchester, MA due to the extensive size and timeframe to wait for an available 1 and 2 bedroom unit. After this date we will only be accepting applications for qualified persons needing a 3 bedroom unit.

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ASK THE CFP® Professional
By Michael Tow CFP®

What percentage of a portfolio should be in bonds?
-Janet T, Boston

Janet, each person's situation is different and there are many factors involved. These factors may include your age, risk tolerance, assets, income, cash flow etc. However a very general rule of thumb is whatever your age is, to have that number be the minimum percentage of bonds/ fixed income that you have.

I just got laid off and have credit card bills. I was thinking of taking an early withdrawal from my Traditional IRA to pay them off. Does that make sense?
-Chuck A. Sudbury, MA

Chuck, taking an early withdrawal from your Traditional IRA is generally a bad decision to make. Not only are you taking money from your retirement savings and losing tax deferred growth but you will have to pay taxes and penalties. If you do not qualify for an exception there is a 10% tax penalty and federal and local taxes taken out before you get your money.

Let's say for instance you wanted to do an early withdrawal of \$10,000 from your Traditional IRA. If your federal tax bracket was 28% and your state income tax rate was 5%, it would be \$3,300 in taxes. Add that to the \$1000 10% tax penalty means you are left with only \$5,700. While I understand needing to reduce

your current bills, I would look for other options like a home equity line before resorting to an early withdrawal from your IRA.

What is the difference between a Financial Advisor, CERTIFIED FINANCIAL PLANNER™ professional and Certified Financial Analyst (CFA)?
-Terry W. Boston

A financial advisor is a general term for someone who renders financial services to individuals or businesses. This can involve managing investment decisions or recommending investments.

Many CERTIFIED FINANCIAL PLANNER™ professionals are financial advisors, but not all financial advisors are CERTIFIED FINANCIAL PLANNER™ professionals. Some financial planners assess every aspect of your financial life—including saving, investments, insurance, taxes, retirement, and estate planning—and help you develop a detailed strategy or financial plan for meeting your financial goals.

A CERTIFIED FINANCIAL PLANNER™ professional is a financial planner that has met the required experience and educational specifications of the Certified Financial Planner Board of Standards. CERTIFIED FINANCIAL PLANNER™ professionals have also sworn to abide by the specified codes of ethics. They have also passed a national test which is administered by the CFP Board of Standards.

CONTINUED ON PAGE 5



Vaneeta Sheth, MD | Jennifer Lin, MD | Deborah Scott, MD

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Email 電子郵件 _____

Household Annual Income 家庭總年收入 \$ _____

Are you first time homebuyer? 您是第一次買房者嗎？ Yes ____ No ____



Photos by Anna Ing

A Food Aficionado

By Anna Ing

Boston is a city full of great food and a city that enjoys a plethora of Japanese restaurants. One recent standout that comes to mind is Fish Market Sushi Bar [170 Brighton Avenue, Allston, MA 02134 (617) 783-1268]. This tiny hole in the wall joined the sushi scene and has been satisfying fans with creative,

fresh and tasty maki rolls, and sushi. This simple, tastefully decorated space - in tans and whites - features a sushi bar predominantly on the right. At the moment Fish Market does not have a liquor license, so it is BYOB. Two close Hong Kong buddies hailing from Quincy decided to join forces to open their own restaurant and Fish Market shines and delivers quality with its excellent food. Also it doesn't hurt that their sushi chef apprenticed at the Japanese cuisine pioneer Oishii Restaurant, so you already know that everything will be great.

First start off with their now famous Avocado Ball \$12 which packs in a lot of punch. It came out topped with a lemon slice and a pickled umezuke (pickled Japanese plum closer to an apricot) while the avocado covers up a center filled with two

delicious kinds of roe (tobiko or fish eggs), cucumber and tuna sashimi (white and regular) mixed with a great lemony mayo. Next came the nigiri sushi (usually raw fish over small amount of rice)-mackerel (distinctive but not for everyone), super white tuna (mutzu) so full of flavor along with a piece of sumptuous seared foie gras (goose liver) topped with a piece of truffle (fruiting body of underground mushroom). Each bite of the nigiri yields a mouthful of freshness and flavor! Plus the nigiri portions were generously sized! One lovely appetizer dish -Scallops and Uni \$6 consisted of 2 pieces of sashimi style scallops topped with uni (sea urchin) \$6 paired together well with the sweet scallop essence along with the taste of the sea from the uni were accentuated by the yuzu (Japanese citrus fruit) and Japanese

basil dressing. Next came the makimono (variety of rolls) that were ordered-the Jalapeno Twister \$9.50, White Tiger \$9, Baked Spicy Scallop \$9.50 and Caterpillar \$9.50. Each of these rolls had avocado, flying fish roe (tobiko) by varying twists and tastes to set them apart. First off the Jalapeno Twister with the jalapeno slices atop each piece gave a light spicy heat to each slice cooled with the salmon, cucumber, and added kick from the jalapeno sauce drizzled on it. The white seaweed enveloped the White Tiger Maki with tuna as well causing a clever switch and contrasting appearance too. The Baked Spicy Scallop incorporates well with a nice spicy scallion mayo along with crabstick and scallop over avocado maki. Finally, the classic Caterpillar Maki packs plenty of avocado slices over the rice, covering up the lovely eel, cucumber and avocado maki roll. For reasonably priced, quality, innovative sushi remember to check out Fish Market Sushi Bar the next time you're in the Allston-Brighton area.

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The application deadline is November 12, 2011.



Information meeting will be held in the Board Room at
Veasey Memorial Park, 201 Washington Street, Groveland
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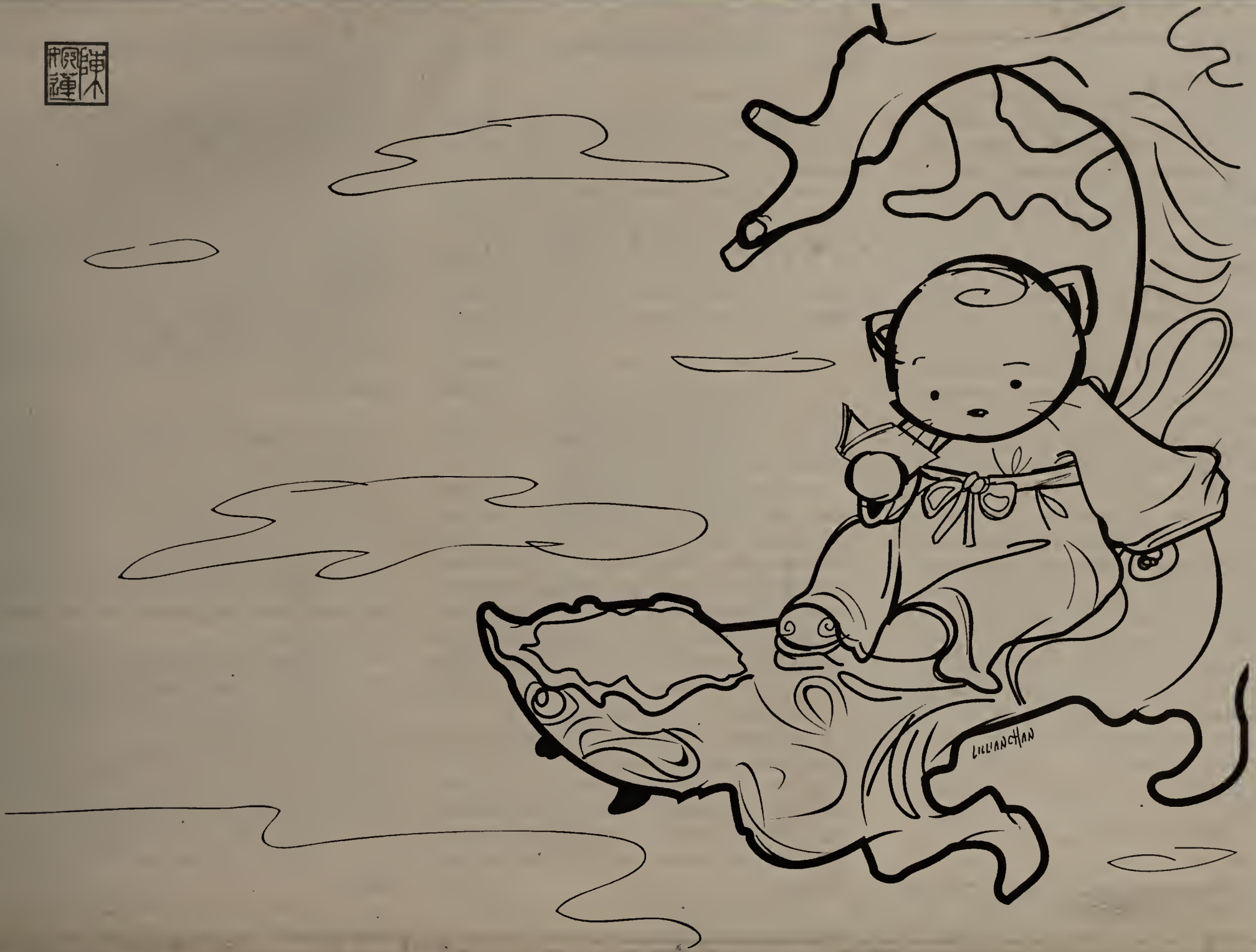
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ASK THE CFP
CONTINUED FROM PAGE 3

A CFA (Chartered Financial Analyst) is a professional designation that is given by the Institute of Chartered Financial Analysts. Portfolio managers or research analysts of mutual funds or hedge funds usually have the CFA designation.

How many months of living expenses do you recommend in an emergency account?
Alan C, Boston, MA

The general rule of thumb is to have 3 to 6 months of living expenses in an emergency account. However if possible, I usually recommend to have up to 1 year's worth of living expenses, especially considering today's job market. While this may be difficult to accumulate, make it a longer term goal and increase it a little at a time.

If you have a question or topic that you would like me to discuss in a future column please email me at mtow@newbostonfinancial.com.

CERTIFIED FINANCIAL PLANNER™, Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/SIPC and a Registered Investment Adviser. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

Request for Proposals

The Malden Redevelopment Authority is seeking proposals from qualified legal firms to provide legal services and advice in a highly professional manner to the Authority for a term of up to three (3) years in connection with its work on the Mayor's Housing Task Force, particularly as it relates to properties it takes into receivership through the program. Typical services would include court appearances, title searches, bank negotiations, etc. This program is funded through federal and state Lead Paint Grants, Community Development Block Grant, and the HOME Investment Partnership Program and serves the cities and towns of Malden, Everett, Revere, Medford, Melrose, Chelsea, Arlington and Winthrop.

The RFP's will be available September 12, 2011 and can be picked up at the Malden Redevelopment Authority at 200 Pleasant St., Room 621, Malden, MA 02148, or requested via phone at 781-324-5720, or email at sherrill@maldenredevelopment.com. Questions about this specific program of the MRA should be addressed to Sherrill Hachey, Executive Secretary. Office hours are Monday, Wednesday and Thursday 8-4, Tuesday 8-7 and Friday 8-noon.

Proposals are due at the Malden Redevelopment Authority at 200 Pleasant Street, Malden, MA 02148 no later than 11 a.m. on Friday, October 14, 2011. All proposals should be addressed to Stephen M. Wishoski, Executive Director, Malden Redevelopment Authority.



Request for Proposals

The Malden Redevelopment Authority will accept proposals from qualified Lead Paint Inspectors, Housing Quality Standards Inspectors, and Construction Contractors to perform services in conjunction with their Housing Rehab, First Time Home Buyer, and Lead Abatement Programs. These programs are funded through federal and state Lead Paint Grants, Community Development Block Grant, and the HOME Investment Partnership Program and serve the cities and towns of Malden, Everett, Revere, Medford, Melrose, Chelsea, Arlington and Winthrop.

The three separate RFPs will be available September 12, 2011 and can be picked up at the Site Office of the Malden Redevelopment Authority at 176 Pearl Street, Malden, MA 02148, or requested via phone at 781-397-1940, or email at Mei@MaldenRedevelopment.com. Questions about these specific RFPs and about specific programs of the MRA should be addressed to Dennis Falcione, Site Office Director. Office hours are Monday, Wednesday and Thursday 8-4, Tuesday 8-7 and Friday 8 – noon.

Proposals are due at the Site Office of the Malden Redevelopment Authority at 176 Pearl Street, Malden, MA 02128 no later than 11 a.m. on Friday, October 14, 2011. All proposals should be addressed to Stephen M. Wishoski, Executive Director, Malden Redevelopment Authority.



Twenty

By Jisoo Park
Teen Voices Magazine

“Mina Kim, wake up now!” yelled my umma* into my ears along with my loud Hello Kitty alarm clock. I have never really been a fan of alarm clocks. Every morning, at six o’clock, when it tries its best to wake me up, all it does is call my umma so she can wake me up herself with her confident voice.

“If you don’t wake up now, you will be late for school. And then, you will never get into a good college and your life will be over!”

That is my umma’s famous line. Every time I sleep in, go on cyworld, or even text, she says her line and gives me a lecture. She always mentions how important it is to do well in school and how important it is to get into a good college when you are twenty. She talks as if getting a university education is the only thing that matters in life. After her third time repeating the line that morning, I dragged myself up out of bed. I took a shower while my umma yelled outside the door for me to hurry up, and then walked to school in my uniform as it swayed in the wind.

“Mina Kim!” called my friend, Yuri, as I walked into the school building with its big bold sign reading, Seoul Girls’ High School.

“Mina, did you hear?”
“Hear what?”
“The auditions for Super Star K3 starts today!”
“Oh, really? Are you going?”
“Are you kidding? My mom would kill me if I went! And besides, I’m not a very good singer.”
“You should go!”
“Me?”
“Yeah! You’re a good singer and you like singing, don’t you?”
“Well, yes... But my umma... I’ll think about it.”

“Alright. At least it’s not a ‘no.’”
I loved singing. It was the one thing I was good at and the thing I enjoyed the most. That is why my heart started pounding so hard when I heard about the audition. However, knowing my umma, I couldn’t make up my mind so easily. The image of her yelling at me and giving me a lecture was so vividlyimaginable. I spent the whole day at school trying to make a decision; either do what I wanted or what my umma wanted.

The same cycle happened again the very next morning; my umma yelled with Hello Kitty, she yelled outside the bathroom door, and chased me out the door to school. However, there was one little difference.
“Hello?”
“Hey Yuri, it’s Mina.”
“Oh, hey! Why aren’t you at school already? Are you perhaps...”
“Yes, yes, yes. I’m going to the audition.”
“Oh my! Mina, I am so proud of you! Don’t worry about being absent, I will tell the teacher you are sick! Good luck, Mina!”

“Thanks Yuri! And thanks for the wish! Bye!”

“Bye Mina!”
That’s right, I was going to the audition. I knew how much trouble I would get in, but I just couldn’t let go of an opportunity like this.

As I waited for the subway, I noticed the numerous posters advertising the auditions. Just looking at those posters made me anxious.

My heart started beating faster and faster as I got closer and closer to the audition center. I have not been this nervous since that time I lost my parents at an amusement park when I was ten.. I guess the audition meant that much to me.

“The next station is Kangnam. The next station is Kangnam. The exit is on your right. The exit is on your right,” announced the subway speaker.

I honestly do not remember how I managed to get from the subway station to the audition center. I was completely zoned out the whole way and I only woke up when I got to the center and saw the big crowd filling in the building. I raised the volume of my iPod and waited in line to register. I was trying so hard to pay give all myattention to the song so that I would not have to face the embarrassment of forgetting my lyrics, but my anxiety was preventing me.

“Next in line, please,” called the lady at the registration table.

I took slow steps to the table. My hand was shaking as I tried to write down my name. The lady looked at me as if she had seen hundreds of thousands of people do the same thing before.

“Don’t worry, young lady. You will do great!”
“Hopefully... Thanks!”

Her smile comforted me a little. However, as I waited for a few hours for my turn to come, comfort was nowhere to be found.

I flipped my phone open. 28 missed calls from umma. Despite knowing the consequences, I turned the phone off, pretending that I was flushing my anxiety away by pressing the off button for five seconds.

“Number 376. Mina Kim, please.”
It was my moment. I gathered my stuff, let out a big sigh, and left for the audition room. I could feel the glaring eyes of other contestants on my back and the glaring eyes of the judges as I spotted them through the open door.

“Hi there,” said the judge in the middle.
“Hi!” I tried to sound as comfortable and delighted as I could.
“Mina Kim?”
“Yes, Mina Kim. 19, Seoul Girls’ High School.”
“Shouldn’t you be studying?”
“Well, I’m here to sing.”
“Alright, go ahead,” said one of the judges, smiling.

“Han yeo ja ga geu dae reul sa rang hap ni da,” I began.

“Geu yeo ja neun yull sim hi sa rang hap ni da.”

“Mina Kim, are you out of your mind? Where have you been? Why didn’t you go to school? How are you going to go to a good college with good grades if you are skipping school?”

“Sorry umma,” I said quietly as I was still under the spell of the audition. Even though it was over, I could not get my heart to stop beating so fast.

“Mina? Mina! Mina Kim!” my umma yelled at my back as I dragged my feet into my room.
“You come here and talk to me! Mina! Come here!”

*** Three weeks later... ***

Ring, ring, ring, ring.
“Hello?”
“Hi, is this Mina Kim?”
“Yes, it is. Who is this?”
“Hi, I’m calling from Super Star K, and we would like to congratulate you on passing the first audition!”
“What? I did? Really? Oh my gosh, really?”
“Yes, you did. Congratulations.”
“Oh my gosh! Thank you! Thank you so much! Oh my! Thanks!”
“No problem, Mina. Well done, and we will mail you the rest of the information to the address you gave us three weeks ago.”
“Sure! Thank you so much!”
“You are very welcome. Have a great day, Mina.”

That is when I realized. I realized that colleges didn’t necessarily matter. I realized how universities were not everything. I realized how I had found a dream. I realized how being 20 wasn’t much. It was just like going on from 12 to 13; it was just another year welcoming you. There was no need to put such meanings on the number 20 because it was just another step in life. No big deal.

Author’s notes: *umma means mom in Korean.
** These lyrics loosely translate to “A woman loves you. She loves you with all her heart.”

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[本報牛江河報導]

波士頓華埠社區中心(BCNC)於9月17日在華埠OAK街昆士小學游樂場舉辦了第二十六屆屋街游藝會。舉辦游藝會的初衷是提供一個家長與孩子，社區成員共同參與、共同交流、共同歡樂的機會，共同建設一個人人喜愛的社區。當天參加者絡繹不絕，家長帶著孩子高高興興地來，很多一家三代也一塊來，也有老人自己約著來。有34個展點攤位參與的會場熱熱鬧鬧，氣氛紅火。

林淑明主持了這次游藝會。主要贊助商道富銀行(State Street)代表Ada Lam先生首先發言。他說道富銀行總部與波士頓華埠社區中心隻相隔幾條街，屬於同一個社區。我們非常樂意回報我們雇員生活和工作的社區，支持屋街游藝會並看到那麼多人為此享受，我們感到非常的快樂。我們道富銀行已連續支持這一活動多年了。Ada Lam先生同時也是華埠社區中心的財務總管。記者問起他是否有中文名字時，他表示下去要讓他的中國同事給好好取上一個中文名字。

接下來由茉莉花舞蹈團演出的小兒、少兒舞蹈節目相當的輕快、活潑，服裝、道具的色彩相當的鮮艷、飽滿，底下觀眾的情緒相當的高漲和振奮。

最新穎的，在屋街游藝會中第一次現身的是“騎真馬”，馬主是一位美國女性Alaine Gallaoher。她經營者一家與馬有關的公司，經營範圍有賽馬、訓馬、買賣馬、表演、娛樂等。她這次帶來了一大一小兩匹馬，供兒童過過“躍馬揚鞭”的癮。孩子們，尤其是男孩們興奮地耐心地排著長長的隊。



一個攤位前十分熱鬧，原來是梅太太家庭托兒的展點。梅太太在幼兒園工作了25年，積累了十分優秀的經驗，被BCNC請去幫助那些準備在自己家裡開辦托兒教育的家庭，從準備工作，申請工作，有關技能，培訓到家訪。

梅太太展點以北的一個地方也有不少人氣，記者在那看到很多嶄新的書，還不是供閱讀的，隻要你喜歡，你就可以帶回家。BCNC雇員Fred和另外一個志願者Nara告訴記者他們用道富銀行資助的經費買的新書，無償送給感興趣的兒童。小伙子Nara今年是第二次為屋街游藝會作志願者了。

波士頓兒童博物館社區項目的Leora Rifkin帶著她的小助手也來了，小助手Taing Rilar還是一個在校高中生，可是已經滿有經驗了，幾年來跟著Leora Rifkin在很多社區都辦過展點。當問起她們華人社區和其它社區有些什麼不同嗎，他們說有很多相似的地方(there are a lot of similarities)。

在游藝場地的一個角上，居然還安放了一張標準的乒乓球桌，給人很親切、很“中國式體育”的感覺。在中國生活過的人，幾乎個個都能揮幾拍的。但願在這裡出生、長大的孩子沒有個個都奔著那棒球、橄欖球什麼的。

塔夫茨大學醫療中心的陣容最為強大，一長溜的白桌子，眾多的白衣天使，提供不同的醫療諮詢、診斷和普及醫學知識服務。記者也乘機量了量血壓，畢竟免費不說，還方便不是嗎？

當天最搞笑的節目是“吃西瓜比賽”，一溜桌子，擺放著一溜厚塊的西瓜，大致分年齡分組比，有小孩，少年和成年。當一聲令下，在吃者無不狼吞虎咽，“垂涎(西瓜水)三尺”。每組最“凶猛”的那位可獲贈龍鳳大酒樓送出的\$25點心券。一個小組冠軍告訴記者他的名字叫Wilson Wei,可惜記者不能完全肯定他寫的中文名字到底是哪幾個字，看來中文的書寫對這些ABC(American Borned Chinese)來說還任重道遠。由於成人組不可動手，隻可動口，其“貪婪”的架勢就更加搞笑了。

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慾望美食家

波士頓是一個擁有各種美食的城市，也是一個有眾多擁護日本餐的城市。最近，引起我注意的是一家叫“魚市壽司店”的餐廳(位於170 Brighton Avenue, Allston, MA 02134 (617) 783-1268)。這家毫不引人注意的壽司店以獨特的創意，新鮮和令人回味的壽司卷和各式的壽司征服了喜愛這家店的顧客。以白和棕黃色為主色調的簡單，富有品位的裝修使這家壽司店顯得格外地道。目前，餐廳還沒有獲得酒牌，因此，你用餐時可以攜帶你自己的酒水。來自麻省昆西的兩個關係密切的香港人在擁有自己的魚市同時決定加入餐飲業，並聘請著名日本餐館“美味”(Oishii)的主廚來主理，你可以放心的享用你的美食了。

你可以從著名的梨球(12美元)開始，梨雕刻成指狀的球形，頂部是一片檸檬和腌制的烏梅；梨的中央充填著用精美的蛋黃醬調制兩種美味的魚籽(飛魚籽或魚蛋)，黃瓜，金槍魚刺身(白色和正常顏色)。接著，你可以嘗試一下指握壽司(通常是小飯團上覆蓋著生魚片，鯖魚須預訂)，美味的高級的白色金槍魚佐以一塊配有松露的鵝肝；保證每一口都會使你舌頰留香，回

味無窮。值得一提的是，指握壽司的份量是難一想像的充足。另一個廣受歡迎的頭盤是扇貝和海膽(6美元)，包括2片扇貝刺身，刺身上覆蓋著海膽；以香橙汁和日本蘭香調制的，以扇貝為主料和滲透著海洋氣息的海膽這道料理令人印象深刻。

下面要介紹的是各種卷品：Jalapeno Twister, 9.50 美元；White Tiger 9 美元，Baked Spicy Scallop 烤制的辣味扇貝9.50美元以及Caterpillar 9.50美元。以上的每一種主料為梨和飛魚籽，通過各種形狀和調味品區分開來：比如，Jalapeno Twister，三文魚卷頂部配以墨西哥辣椒片，外加黃瓜和澆淋的辣椒汁以達到微辣的效果；而White Tiger通過白色金槍魚的翻轉折疊以達到相對應的外錶。Baked Spicy Scallop：通過辣味青蔥和蛋黃醬整合了蟹肉和扇貝包裹梨而成；最後是經典的Caterpillar卷：用梨片包裹的飯卷，覆蓋以美味的鰻魚和黃瓜。當你下次來Allston-Brighton時，一定要來品嘗魚市壽司店，貨真價實，創意無限的壽司，會讓你流連忘返。

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「波房局」開設 中文查詢專線

為確保公平住房、機會人人平等，波士頓房屋管理局（「波房局」）近日開設了中文查詢專線，向英語能力有限（Limited English Proficient/LEP）的華人申請者和居民提供中文翻譯服務。

自2010年起，「波房局」實施了語言服務項目。通過該項目，英語能力有限的申請者和居民，可就篩選面試、年度重新核證、申訴聆訊或居民會議等申請口語翻譯。此外，語言服務項目還先後開設了西班牙文和中文查詢專線，在辦公時間為說這兩種語言的人士提供及時的翻譯。

除了提供口語翻譯外，語言服務項目還將「波房局」數百份重要文件翻譯成西班牙文和中文，使說這兩種語言的人士可以通過其母語翻譯文件獲得參考資訊。

若您想要聯絡「波房局」，請致電「波房局」中文查詢專線：617-988-4000、按3。若您想了解更多有關「波房局」語言服務項目的資訊，請致電李蕙芬女士（Vivian W. Lee），電話617-988-4315。「波房局」的辦公時間是周一至周五，上午9點至下午5點。

波士頓房屋管理局是新英格蘭地區最大的公共房屋管理機構。它以公正和互相負責為準則，為低收入和中等收入者提供穩定、有質量的、及負擔得起的住房；並創造一個有催化作用的、好讓居民從依賴過渡到經濟上能自給自足的生活環境。

在家庭總收入下降的情況下

亞裔貧困率指數降低

人口普查局上星期發表的報告中指出，在經濟蕭條，家庭總收入下降之際，生活在貧困線以下亞裔人口反而減少。

2010年，僅有百分之十二點一的亞裔人口，約1729人，生活在貧困線以下，與2009年的百分之十二點五，大約1746人相比，下降了百分之零點四。

在過去幾年裏，唯獨在亞裔人口中，貧困及生活質量方面得到了改善。

其他族裔（白人，西班牙裔，黑人）都呈現了貧困人口的增長。然而，在家庭總收入方面，亞裔人群下降幅度比其他族裔都大，從2009年的66550美元下降到

2010年的64308美元。相當於百分之三點四的家庭淨收入的下滑。相比之下，其他族裔經歷了百分之一點七到三點二不等的縮水。

從全國整體水平來看，從2009到2010年，全國的總貧困率增長了百分之零點八，

從百分之十四點三上升到了百分之十五點一。平均家庭收入從2009年的50599美元下降到了2010年的49445美元。

據美國健康和人口服務部的統計，四口之家的年家庭總收入在2011年的貧困線設定為22350美元。

翻譯：徐夢伊，徐鵬



波士頓房屋管理局（「波房局」）特此公告

公聽會

事關

「波房局」對房屋選擇券項目的「行政計劃」和對公共房屋項目的「錄取和繼續居住政策（ACOP）」

日期及時間：2011年10月20日（星期四）下午1點，和
2011年10月20日（星期四）下午6點

地點：Amory街屋村的大會議室
(125 Amory Street, Jamaica Plain MA)

擬議的「行政計劃」和「錄取和繼續居住政策（ACOP）」是「波房局」2011年「周年計劃」的修訂案。自2011年9月21日起至2011年11月5日，「波房局」將把這些文件的草案作公開查閱和評議。「行政計劃」和「錄取和繼續居住政策（ACOP）」的草案副本將發布在「波房局」的網站（www.bostonhousing.org）上，並可在「波房局」總部（52 Chauncy St., Boston, MA）8樓的租賃部門鑑閱。如果您需要申請合理安排，以便您能查閱這些文件或出席公開聽證會，或需要口譯人員在公開聽證會上為您翻譯，請致電617-988-4567 或電傳打字800-545-1833轉420。書面評議可郵寄至52 Chauncy St., Attn: Barbara Sheerin, Boston MA 02111。



Announcing BHA Public Hearings re. Administrative Plan & ACOP -- Chinese Translation is for Reference Only. 「波房局」有關「行政計劃」和「錄取和繼續居住政策（ACOP）」的公聽會公告——本函是中文譯文，僅供參考。Translated on 9/19/2011



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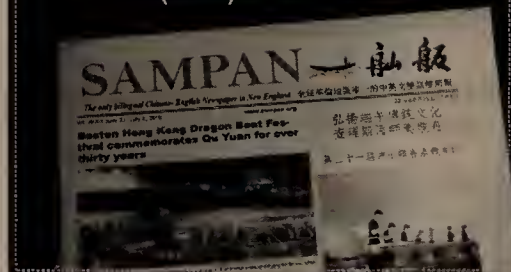
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來自財務專家的回復

Michael Tow - 註冊財務規劃師



請問債券中投資份額的組成？— Janet T

來自波士頓 Janet，每個人的具體情況不同，各種因素都會影響個人的決定，例如：年齡，風險忍耐程度，資產數額，收入，資金流動等等，一般來講，無論你的年齡如何，要將投資數額保持在你固定收入和債券的最低份額。

我最近失業了，我需要支付我信用卡的帳單，我想提前從我傳統的個人退休帳戶中提取現金來付帳，你認為這樣可行嗎？— Chuck A. Sudbury, 來自麻省

Chuck，提前從傳統的個人退休帳戶中提取現金不是一個好的決定，這不僅意味著你會失去免稅利息的增加份額，同時你需要付稅及罰金。如果你不符合特例減免的政策，你需要支付相當於你提取金額百分之十的罰金以及聯邦和州稅。舉例說明，如果你提前從傳統的個人退休帳戶提取一萬美元，而你的聯邦及州的稅率分別位 28%及5%，則你需要支付3300美元，外加1000 美元的罰金，這意味你只剩下5700 美元。我理解你需要付帳的意願，我回尋求其他的辦法例如家庭平衡貸款等，最後才會考慮提前從傳統的個人退休帳戶中提取現金。

請問財務諮詢專家，註冊財務規劃師以及特許財務分析師的區別 —Terry W. 來自波士頓

投資諮詢專家是一個總體的名稱，泛指從事對個人和商務提供金融服務的從業者，他們的工作包括管理投資決定以及為客戶提供專業建議。註冊財務規劃師是通過註冊財務規劃特殊要求及教育背景的標準的專業人員，他們同時要求宣誓遵守特殊的倫理規範的要求，他們必須通過國家註冊財務規劃師統一的標準考試。大多數的註冊財務規劃師是財務諮詢專家，但並不是所有的財務諮詢專家符合註冊財務規劃師的要求。一些註冊財務規劃師可以在各個財務領域內給你提供幫助，包括儲蓄，投資，保險，稅務，退休計劃以及房產購買等等，幫助你制定詳細的財務規劃而滿足你的財務需求。特許財務分析師是由特許財務分析學院授權一類專業人士。他們從事投資經理人或者基金合夥人以及對衝基金的分析師的角色。

你認為在應急帳戶中應該放入多少個月的生活消費儲蓄 —Alan C. 波士頓

麻省 一般來講，應存入3 到6 個月的生活消費儲蓄在應急帳戶中，但是，如果可能的話，考慮到目前的就業市場，我建議應存入一年的消費金額，也可能操作起來有困難，但可以建立長遠計劃，積少成多。

如果你有疑問或感興趣的話題，請發電子郵件至：mtow@newbostonfinancial.com 註冊財務規劃師：Michael Tow 是 New Boston Financial 的主席，他也是通過 Commonwealth Financial Network 提供財務安全以及諮詢服務的代錶，同時他也是 FINRA/SIPC 機構的成員。辦公地址：58 Harvard Street in Brookline 電話：617-734-4400 網址：<http://www.newbostonfinancial.com>

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健康專欄

續談精神健康（二）

Tufts Medical Center

各位讀者，大家好。我在這一集裏面，想繼續與大討論一下精神健康的問題。我知道這個問題在很多中國人來說是非常敏感的，大家 不是很想面對的問題。正因為這樣，我就希望與大家好好地來看一下，我們中國人究竟怎樣看精神健康的問題呢？精神健康的問題是否真的需要治療呢？究竟治療的方法又如何呢？我們有沒有辦法可以幫助自己，讓我們的心理健康能夠有進步呢？我叫徐理強，我是個精神科醫生。我在香港大學醫學院畢業以後，我就到英國去進修。然後在1980年來到美國。我在Tufts University, Tufts New England Medical Center 做精神科的教授。我在哪里已經工作了有十幾年的歷史。我經常都看很多華人和他們精神的問題。我想與大家觀眾在這個系列裏面來討論六個大的問題。

第一個問題就是，華人精神健康的問題是否真的 有這麼嚴重呢？

第二，為什麼我們華人這麼願意來面對這些問題呢？

第三，究竟什麼是精神病呢？精神病的定義是什麼？分類是什麼？

第四，精神病究竟能不能醫治呢？它能的話，治療的方法又是什麼呢？

第五，如果我們周圍有一個精神病的人，我覺得他精神上面有毛病，究竟可以如何把他轉介到專科去接受治療呢？

第六，我想講一下，我們可以如何瞭解自己，幫助我們在精神健康方面有進步。

這些就是六個大的題目。

第一個大問題我們需要討論的就是，究竟精神健康問題在華人之中是不是一個嚴重的問題呢？我們先來看一下，在美國來說，亞裔的人口一直在增長。在1970年的時候是150萬，十年以後，1980年已經有超過一倍，到370萬。到1990年的時候又增加一倍，到750萬。到2000年估計是1100萬的人口。在1000萬從亞洲來的人，就說亞裔的美國人裏面，華人，即中國人，占750萬，是最大的一個群體。估計20年以後，到2020年至少華裔的美國人會增加到一千萬，它占了全美國人口的4%。現在來說，中文，即講國語，普通話已經是非英語在美國來說第二個最大的語言的系統。第一就是拉丁話，第二就到我們普通話。所以這個問題我們是不可以忽略的。因為人口這麼龐大，精神病的問題在我們華人裏面，讓我們擺開其他亞族，亞洲族的人不說，在華人裏面，這個問題都是個非常之龐大的問題。因為人口已有這麼大了，在1996年WORLDBANK，國家銀行做了一個估計。他說在2020年的時候，抑鬱症，所謂DEPRESSION。抑鬱症將會成為全世界第二個最大的健康問題。第一個是血管病，

即是心臟或者人腦充血那些病。第二個就是精神科的問題。第一的叫抑鬱症的問題。

既然抑鬱症是個這麼嚴重的問題，我們應該怎樣去面對這個事實呢？在美國80年代的時候做了兩個很大的人口普查，關於精神健康。它發現在美國人裏面，五分之一的人一生裏面，最少有一次抑鬱症。這個五分之一的人口有抑鬱症，特別是女人比較多，估計有四分之一。四個人裏面，就有一個女人在她們的一生裏面會發生一次壓抑症。男人，估計每六分之一，即六個人之中，就有一個會的一次的抑鬱症。但在男人的裏面自殺率就比女人高。意思說，在美國人來說，男人有抑鬱症而自殺的可能性比女人有抑鬱症會自殺的可能性高一倍。我們對於這樣一個情況是必須正視的。因為它有這麼嚴重的後果和這麼普遍的問題。那剛才我說的就是美國人的抑鬱症的比率，意思是說美國的白人，黑人和拉丁人。在美國的華人就沒有這個數字。那麼我們究竟有沒有其他的資料呢？有。在2002年世界衛生組織在14個國家裏面做了項調查。著14個國家有些在亞洲，亞洲的就是中國和日本。有些在非洲，有些在歐洲，有些在北美洲，有些在南美洲，一共是十四個國家。

因為國際衛生組織對於這個壓抑症的問題，既然已經很快成為最大的健康問題，他們覺得非常擔心，所以花了很多的金錢和時間，在14個國家裏面進行一個調查。在這個調查的結果裏面，有一個發現是非常驚人的。就是亞洲的那兩個國家，中國和日本，抑鬱症的比率是比全世界其他所有的國家都低。全世界來說，抑鬱症的比率是5%到15%。意思是在100個成人裏面，一般有5至15個人，在一生的裏面曾經得過抑鬱症。但是驚奇的就是在中國和日本裏面只有3%。當然有些人認為這個是亞洲人文化的優越。或者亞洲文化優越所以可以防止，預防一個人得抑

鬱症。究竟是不是這個現實呢？我相信不是。我相信的是華人，日本人的抑鬱症比率之所以這麼低是因為他們不願意承認，不願意去面對這個問題。即意思說有人來訪問他，調查問他有沒有曾經有抑鬱症症狀的時候，他們的回答是沒有。如果問他們為什麼回這樣呢？為什麼你不願意承認你自己有這個症狀呢？一般的回答都是說：“我不認識你是誰，為什麼我要告訴你？家羞

不向外揚，我自己心裏面的事，我自己知道就可以，我為什麼要跟你說呢？”就是因為這個不透明，不公開的原故，所以它的比率很低。

我究竟有沒有其他的資料來支援我這個想法呢？有。在香港，1986年的時候做過一次普查，那次的普查只有2%的人承認他們有抑鬱症。這樣是很低，2%比2002年時候的調查是3%。但是到2007年的時候，在香港的普查裏面，承認自己有抑鬱症的人就已經增加到是7%。一般的人都認為這樣的增加，唯一最有可能的解釋是，因為現在的人開始慢慢越來越開放，願意承認自己是有抑鬱症。這個華人不願意承認自己有抑鬱症的現象，在1990年代，在洛杉磯的一個調查的裏面都同樣有這樣的現象。一樣是3%的中國人在調查的裏面承認自己有抑鬱症。但是如果我們將它用年齡來分開，來看的時候，年輕人比較願意承認自己有壓抑症。他們有抑鬱症的比率比年老的，老於65歲的人的比率高四倍。這樣的差異唯一可以解釋的就是，年輕人比較願意承認他們有抑鬱症，年老人比較不願意承認他們有。

這個不願意面對自己有精神健康問題的現象顯示在中國人和日本人的自殺率很高這個現象上面。中國人和日本人的自殺率是全世界國家裏面自殺率最高的。我們怎樣來解釋這個現象呢？有什麼可能哪個抑鬱症的比率這麼低，只有3%，而自殺率在十萬人口裏面超過22，超過23呢？在美國的自殺率只是在十萬人口裏面10個，最多或者12個。在中國竟然是十萬人裏面有24個，在日本有23個。這些這麼高的自殺率，所能顯示的問題就是說，日本人，中國人並不願意面對他們的自己抑鬱。當抑鬱不可以控制，好象走投無路的時候，他們就用自殺來解決這個問題。這是一個非

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(青少年之聲雜誌競賽作品)
作者：Jisoo Park, 15歲 國籍：韓國

“ 金米娜， 起床啦！ ”
伴隨著我那只高叫的 Hello Kitty 鬧鐘，媽媽對著我的耳朵叫喊著。我從來沒有喜歡過鬧鐘。每天早上6點，當它試圖叫醒我，它所能做的只是叫醒媽媽，而媽媽會用她那富有權威性的聲音將我從睡夢中驚醒。
“ 如果你不馬上起床，你上學就會遲到，最後，你會考不上大學，你的一生便毀掉了 ”。
這是我媽媽的至理名言。每當我睡覺，登陸cyworld（韓國的社交網站。譯者註）甚至發短信，她便會說這些話和給我上課。她總是提到在學校成績好是如何重要，當二十歲時考上好大學多麼關鍵..她認為好像接受大學教育便是人生的全部意義。當那天早上，媽媽第三次重復她那些名言時，我從床上爬起來，在媽媽的催促中洗澡，然後穿著我的校服懶洋洋的走向學校。 “ 金米娜 ” 當我走進漢城女子高中的校舍時，我的朋友，百合叫住我，
“ 米娜，你聽說了嗎？ ”
“ 聽說甚麼？ ”
“ K3超級明星選拔賽今天開始 ”
“ 噢，真的嗎？你參加嗎？ ”
“ 你開玩笑吧，如果我參加我媽媽會殺了我，再說，我的歌唱的也不好，你應該參加！ ” “ 我？ ”
“ 是的，你唱歌唱得好， 而且你也喜歡唱歌，不是嗎？ ”
“ 是的，我喜歡，但我媽媽她....，讓我想一想吧！ ”
“ 好的， 至少你沒拒絕 ”。
我熱愛唱歌，唱歌是我唯一擅長和享受的興趣愛好，這也是當我聽到選拔賽的消息時，心都快要跳出來了原因。然而，我深知我媽媽的態度，我很難按我的意見行事。媽媽向我喊叫和教訓我的情景歷歷在目。一整天我在學校試圖想出解決的方案：做我自己要做的事還是做媽媽希望的事。
每天早上都是周而復始的循環，Hello Kitty 的鬧

鈴伴隨著媽媽的叫嚷，浴室門外的催促，被 “ 驅趕 ” 出門上學，然而，今天，有著小小的差別。
“ 喂 ”
“ 嘿， 百合， 這是米娜 ”
“ 嘿，米娜，你今天沒來上學，難道你去... ”
“ 對，對，對， 我要去參加選拔賽 ”
“ 天哪，太棒了，米娜，我真為你驕傲，別擔心曠課， 我幫你向老師請病假，祝你好運！ ”
“ 謝謝百合，謝謝你的祝福，再見 ”
“ 再見，米娜 ”。
這是真的，我要去參加選拔賽，我知道我會惹上多大的麻煩，但我不想放過這樣的機會。
當我在等地鐵時，可以看到到處張貼的選拔賽的海報，這些海報使我感到格外緊張。離選拔賽中心越近，我的心跳得就越快。
自從我十歲那年在娛樂場與我父母走失那次後，我還從來沒有像這樣緊張過，我想這次選拔賽對我實在是太重要了。
“ 下一站是康男站， 下一站是康男站，請在右側下車， 請在右側下車 ”，地鐵的擴音器在廣播著站台名字。
我記不清我是如何從地鐵站來到比賽中心的，我太全神貫註了，以致於我到了中心看到熙熙攘攘的人群時才清醒過來。我調高了我 iPod 的音量，排在隊伍裡等待著註冊。我只想將我所有的註意力都集中在我聽的歌曲上，試圖忘記對跑調時出現的尷尬所面臨的恐懼，但我的焦慮依舊無所不在。
“ 請下一位 ”，註冊台前的女士叫道。
我緩慢走到桌前，當我用顫抖的雙手寫下我的名字時，女士看著我就像她所看到成千上萬的選手一樣。
“ 不要緊張，年輕人， 你會唱的很好！ ”
“ 我希望那樣，謝謝！ ” 她的微笑給了我少許的安慰，但當我在隨後幾個小時的等待中，那份安慰消失得無影無蹤了。
我查看我的手機，28個來自媽媽的未接電話，儘管我清楚後果的嚴重性，我關掉了手機，就好像可以將我的焦慮帶走了一樣，我持續的按著關機的按鈕大約有5秒鐘。

“ 376號，有請金米娜 ”
這是我的時刻了，我打起精神，長出了一口氣，走向了比賽的房間，我可以感覺到我背上其他選手質疑的凝視以及從開啟的房門中來自考官懷疑的目光。
“ 你好 ”，位於中央的考官寒暄道。
“ 你們好！ ” 我試圖盡量錶現得得體和自信。
“ 金米娜？ ”
“ 我是，19歲，來自漢城女子中學 ”
“ 你不用上學嗎？ ”
“ 我來參加比賽 ”
“ 好吧，那麼開始吧 ” 其中一位考官微笑著說。
“ 一個女孩愛上了你 ” 我唱道， “ 她從心底裡深深的愛上了你 ” ...

三周以後...
鈴，鈴，鈴...電話響起來，
“ 你好？ ”
“ 你好，請問是金米娜嗎？ ”
“ 是我，請問那一位？ ”
“ 你好，我從 K超級明星評委會打來，恭喜你通過了第一論選拔！ ”
“ 真的嗎？天哪！這是真的嗎？ ”
“ 千真萬確，恭喜你！ ”
“ 天哪！謝謝，太感謝了！ ”
“ 不客氣，米娜，你發揮的非常出色，我們會將詳細的資料寄到你三周前提供給我們的地址 ”
“ 太好了，謝謝！ ” “ 不客氣，祝好運，米娜 ”
這時，我才真正意識到大學並不是生活的全部，我意識到我真正發現了我的夢想，我意識道 20 歲並不那麼重要，它就象從 12 歲到 13 歲，只是新的一年在等待著你，沒有必要將所有的希望寄托在20歲的身上，它只是生活中的一部分，而不是全部。

翻譯：徐夢伊, 徐騰

續談精神健康（二）

(接中文第四版)。

常不幸的後果。這個是不願意面對自己有精神健康的問題一個非常不幸的結果。所以我相信我們華人應該要很積極地去面對精神健康的問題。
說到自殺，我想再提一點，在中國人的自殺裏面，有幾個現象是與世界不一樣的。一般世界的自殺率來說，男人的自殺率比女人高。在中國是女人比男人高。一般在其他世界國家裏面，自殺率是老年人比年輕人多。在中國，雖然老年人的自殺率都是很高，但是年輕人的自殺率簡直是接近老年人的哪個。第三

個現象是，在世界各地，城市自殺的人比鄉村的。中國來說，是鄉村比城市多。這種反常的三個現象只有在中國出現。這些這樣的證據都告訴我們說，在某些人裏面，如果他們的了抑鬱症，而不能面對，不能解決他的困難，那麼以後他們找自殺來解決，那麼就真的太可惜了。
既然中國人這麼不願意面對自己心理上面的問題，特別是不願意面對抑鬱症，而且不肯面對的後果是這麼的嚴重。我們是否應該積極，正面，無懼怕地面對這些困難呢？如果大家覺得自己或者需要幫助，需要有人瞭解一下自己內心的情況，你或者可以先試

一下跟你的家庭醫生討論一下。如果你在語言溝通上面有困難，或者你覺得說了以後沒什麼幫助，我盼望你可以打電話到華人醫務中心或者打電話紐英倫醫院亞裔服務部。這兩個地方尋求一下，看一下他們有沒有辦法可以幫助大家。現在螢光幕上面可以見到這兩個電話。下次我想跟大家討論的是為什麼，有什麼理由中國人這麼不願意面對自己心理健康的。

波城

司徒賢律師專業事務所

華埠

Law Offices of William W Soo Hoo, P.C.



您曾在交通事故中受傷嗎？或有個人受傷的案件嗎？讓我們幫助您。

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下列是我們的其中一些案例：

\$7,700,000.00 法庭判決 (一行人被貨車撞傷)	\$230,000.00 和解 (一女人被車撞傷)
\$180,000.00 和解 (一男子被狗咬傷)	\$200,000.00 和解 (一男子被車撞傷)

上述案件的賠償數目是基於他們的案情, 如果您有案件, 請電: 617-482-1553 查詢。

本律師樓為社區提供高質素，高效率的服務，我們經驗豐富並且理解中國人的需要，受傷嚴重者，律師可到府上或醫院提供諮詢（受傷案件成功才收費）。

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(國、粵、台山話)

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親屬移民 **協議離婚** **非協議離婚**
小孩監護權 **父子關係辨認** **婚前協議**

本律師樓經辦離婚的律師有22年之
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司徒賢律師在全美十大法律學院，紐約大學畢業，是麻省、新紐澤西、紐約三州註冊職業律師。曾被香港（一周刊）、台灣（聯合報）、美國（世界日報）、(BOSTON GLOBE)、(SAN FRANCISCO CHRONICLE)訪問有關法律策略。

社區活動簡訊

乳房健康講座

全部免費，以粵語演示，但需預先登記

星期五,9/23, Wollaston Senior Center 上午11-12點
550 Hancock Street
Quincy, MA 02170
聯系: Joyce Guan (617)471-9354

星期四,10/6, 6 Wang YMCA下午 6:30-7:30pm
8 Oak Street
Boston, MA 02116
聯系: Kit Wong 617-426-2237 ex223 (Sat) 或 Angela Tang at 617-426-2237x231

星期三, 10/26 ABCD Head Start上午 9-10
112 Shawmut Ave
Boston, MA 02118
聯系: Regina Wang 617-482-3087x711

波士頓教學樓- 免費英語班

波士頓教學樓現在注冊, 2011年9月19日開始新的英語課。

即將開始的日期和班次：

- 2周班：
1. 9/19—9/30, 2011 水平：中下
2. 10/3—10/14,2011 水平：中上
4周班：
9/19—10/14, 2011 水平：中下

地址：
1 Faneuil Hall, South Market building 1
3rd floor, room 4136
Boston, MA, 02109
*入口位於Godiva Chocolate store 旁邊

參加辦法：

1. 到辦公室參加分班測驗.
2. 繳納定金.

上述班次系免費的,但要繳納：

1. 可退定金：每周\$10.
2. 不可退定金：每周\$5. 教學樓將用於供應學習資料.
3. 可退定金將於學期結束時退還，條件是出勤率達到 90%.

有問題請聯系：info@ihboston.com
或電話：617-372-7736
International House Boston
1 Faneuil Hall | South Market Street
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NOAH英語班

開學班次：

#1班—星期二, 9/20, 下午6—8:30.
#2班—星期三, 9/21 下午6---8:30.
星期六班：入籍班. 上午9—12. 自9/24開始. 該班招收沒有或很少英語基礎的學生，入籍作准備.
注冊：在NOAH 辦公室.
有問題請聯系：NOAH Manlio Mendez
NOAH – Community Organizer
143 Border Street,
East Boston, MA 02128
617-567-5882 x 242
617-418-8242

免費移民諮詢

(2011年計劃日期)
6月6和20日
8月3和17日
9月7和21日
10月5和19日
11月2和16日

12月7和21日
地址：Room 804 in Boston City Hall
時間：中午12:00 – 下午 2:00
更多信息請聯系：Mayor ' s Office of New Bostonians
Boston City Hall Room 803
617-635-2980

2011秋季招聘會

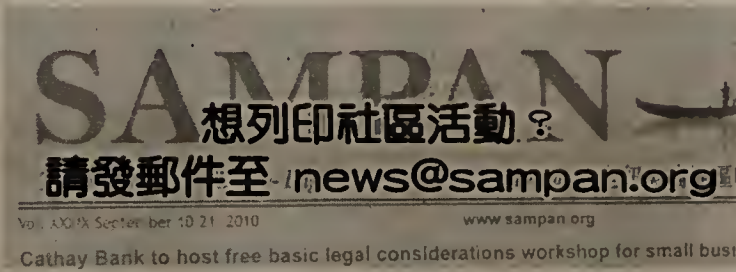
星期三, 2011年9月28日上午10點一下午1點.
YWCA：牛津中心廣場
7 Temple Street
Cambridge, MA
更多信息請電話：617-349-6259
舉辦單位：the Cambridge Office of Workforce Development

波士頓亞裔青年服務部GED班

如妳在畢業前離開高中, 妳可以獲得畢業證書, 然後走向大學, 訓練, 工作和其他崗位. 青年服務部GED班每周15—20小時,從星期壹至星期五.
對象：16—21歲的波士頓居民.
更多信息可電話：William Li.

波士頓亞裔青年服務部
199 Harrison Avenue
Boston MA 02111
617.482.4243

翻譯：陳公權



遠方的同學歡迎你——
哈佛大學中國學生學者聯合會迎新活動



[3]

【本報牛江河報導】 劍橋金秋時節，哈佛大學迎來了它第375界新生。哈佛大學中國學生學者聯合會於9月10晚間在校園的西北大樓主辦了迎新活動，熱烈歡迎來自遠方的中國新同學。

主持人本屆學生會文藝部連席部長童浩萱主持了這次活動。她在介紹主講嘉賓哈佛醫學院施楊教授時非常風趣地說：施老師是是生命科學領域裏最有名的華裔教授之一，也是最帥的華裔教授，沒有之一，笑聲立起。

施楊教授長期擔任哈佛醫學院中國新生的招生工作，見證了十幾年來中國學生的成長以及中國的成長。他在講話中誠懇地希望大家在學習之余，還要多交朋友，不分國籍的交朋友，並珍惜在哈佛的每一天。隨後講話的是本次活動的贊助商安永會計事務所代表張曉青。

友誼似乎是當晚普遍被強調的主題，2011-2012學年哈佛大學中國學生學者聯合會主席孫雷之也在其講話中衷心祝願新生、老生在哈佛

美麗的校園裏接下美麗的友誼。哈佛大學中國學生學者聯合會是經民主選舉產生，為哈佛中國學生學者服務的一個由誌願者組織，比如今年有23名老同學為85名新同學接機。孫雷之用PowerPoint簡潔、形象地介紹了學生會所屬的各職能部門。哈佛商學院代表王思嘉，哈佛設計學院代表季婉靖，哈佛肯尼迪學院代表塗舜德，哈佛醫學院代表張馳、哈佛公共衛生學院代表蘇延芳以及哈佛本科生代表也相繼講話。

到場的人們還可以獲贈一份“生活指南---給初到波士頓的哈佛新生和學者”，這份編寫於2007年的指南，經過了2008，2009，2010以及2011年四次修改後，內容包羅萬象，從衣食住行，到體育、娛樂、銀行、旅遊、駕照，一切生活中需要的信息，都可在此獲悉。作者高興地看到這條信息（以前不知道）：麻州每年8月份的第二個周末是免稅周末，所有單價在2500美元以下的商品都可以免交稅。



[2]



[1]

主辦方為這次迎新活動準備了充足、可口的點心、水果和飲料。人們愉快地享用著，在休閒、和諧的氛圍中笑盈盈地彼此問候、交流、和討論。

借用孫雷之的發言作為結語“今天我們在這裏相聚，明天我們從這裏啟航，雖然來自五湖四海，但今晚我們是一家”。

圖1.哈佛醫學院施楊教授講話 (牛江河攝)

圖2. 2011學年哈佛大學中國學生學者聯合會主席孫雷之(牛江河攝)

圖3. 會場一角(牛江河攝)



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